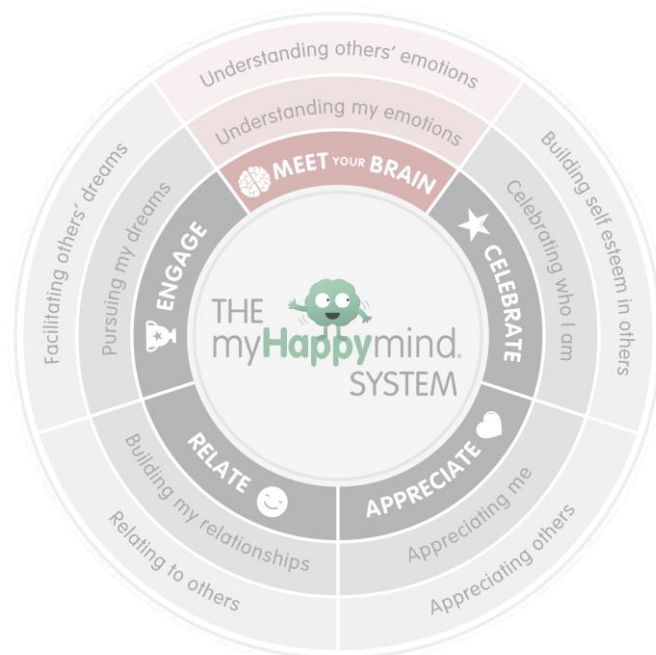


# MEET YOUR BRAIN PARENT NEWSLETTER



# About myHappymind

myHappymind is an award winning, whole school and nursery curriculum. It teaches children preventative habits that support positive mental health, resilience and self esteem.

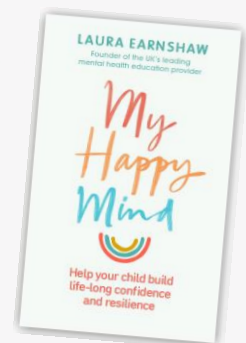
Taught to every child in a school from Early Years through to Year 6, myHappymind is delivered via an innovative technology platform making learning easy and fun.

All of the concepts we teach are based in science and research and grounded in neuroscience and positive psychology.

We are passionate about supporting teacher wellbeing too and so all schools using the program have access to a teacher wellbeing program.

We are also proud to support parents and carers by providing them with a free app to continue the learning at home. You can learn more about how to access the app in this document.

To learn more: Check out our founder  
Laura Earnshaw's book, 'My Happy Mind'.



# Meet Your Brain

We have just come to the end of the first module - 'Meet Your Brain' in the myHappyMind programme. The children learned so much through this module including:

- The different parts of our brain and how they help us.
- How to use Happy Breathing to help us when we feel sad, stressed or worried.
- What happens in our brain when we learn something new and how we can look after our brain.

**Why not ask your children to tell you what they have learnt. Here's some questions to help you:**

- Who is Team H-A-P? Can you tell me about the Team in your brain?
- Why does Happy Breathing help you and when could you use it?
- Can you tell me what Neuroplasticity means? When has your brain grown?

**Support your child at home:**

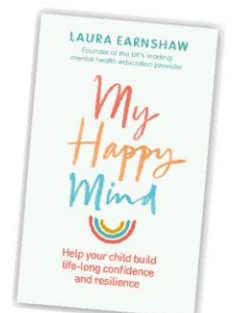
**Log onto the parent app for more information about the Meet Your Brain module and how you can support your child at home.**

**There are lots of activities you can do together at home including Happy Breathing and making a glitter jar, listening to the story and song, plus much more.**

To access these materials just go to <https://myhappymind.org/parent-resources> and enter your name, email, and authentication code.

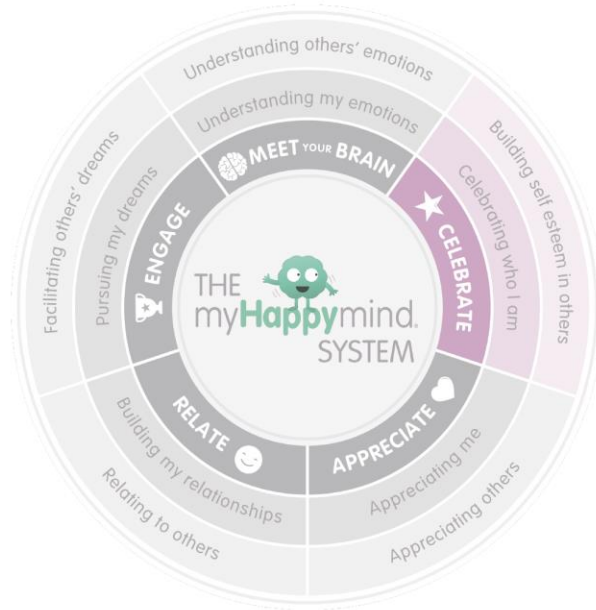
**Your authentication code is**

Want to learn more? Check out our founder Laura Earnshaw's best selling book on [Amazon](#).



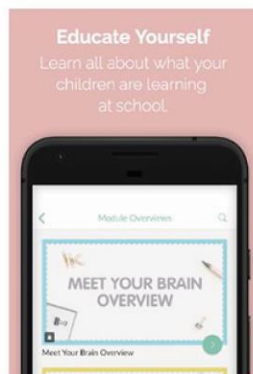
# What's up next?

The next module is called Celebrate. Here we will be learning all about how to celebrate our character and who we are.



You can sign up with the app here by <https://myhappymind.org/parent-resources>.

Our schools URN is  Type URN here



# Want to learn more about the science of happiness?

BY LAURA EARNSHAW

My Happy Mind is the first book from our founder Laura Earnshaw. The book reveals all the science-backed secrets used in our curriculum to empower and educate parents - whether your child is struggling already, or you're interested in future proofing their mental health, there's something in here for everyone.



Want to hear more about myHappymind?  
Want to share a picture of your myHappymind experience as a parent?  
We'd love for you to join us over on our social media channels!



# Meet Your Brain in action